

The Donnelly Chronicle

FALL EDITION

NOVEMBER 2009

AMANDA
DONNELLY,
D.M.D.
742 GRAHAM ROAD
SUITE A,
CUYAHOGA FALLS,
OHIO
44221
330-929-2616



OFFICE HOURS

MON 7-4

TUES 7-3

WED 7-3

THURS 7-3

CLOSED FRI -
SUNDAY

WE WILL BE
CLOSED FOR
THE HOLIDAYS

DECEMBER 19 -
JANUARY 4

We wish you a Merry Christmas...



...and a Happy New Year !! From all of us

Back row from left to right: Laura, Michelle, Rhonda and June. Front row from left to right: Becky, Lora, Kris and Dr. Donnelly

VISIT US AT WWW.DRAMANDADONNELLY.COM

Ring in the new year with **BIG NEWS** for 2009!

Beginning January 1st 2010, we will be offering our own Stimulus Plan for our patients without dental insurance. We have created a **discount program** that will allow you to maximize your care and minimize your expenses. This program offers a significant savings for you and your family. If you have not yet received any information on this new plan, please contact the office at 330-929-2616.

TOYS for

TOTS 2009

going on now through
December 18th.
Please drop off a new
and unwrapped toy
for an area child.
Thank you for your
support.

Continued.....

“Every tooth in a man’s head is more valuable than a diamond.”

-Don Quixote



“You don’t have to brush your teeth, just the ones you want to keep”

-unknown

...Ask Amanda

Dr. Donnelly’s advice for 2010 is to BRUSH.

Brush your teeth, of course. Brush up on a skill that you used to be good at—bring it back to life. Brush away any tears of sadness and find something to smile about. Brush off the dust from an old photo and relive a memory. Brush shoulders with someone who makes you a better person.



We are currently still selling the Sonicare toothbrush in our office. They are \$100 after a mail-in rebate. Great deal !



In the kitchen.....Making it with Michelle



Pecan Salmon with Sweet Pepper Mayo

- 1 1/2 pounds fresh or frozen salmon filet (skinless)
- 3/4 cup finely chopped pecans
- 1/2 cup fine dry bread crumbs
- 1/2 to 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 egg
- 2 Tablespoons oil
- 1/2 teaspoon garlic salt

- 2 Tablespoons of water
- 1/2 cup flour
- 1/2 of a 7oz jar of roasted red sweet peppers (apprx. 1/2 C) drained
- 1 Tablespoon mango chutney (finely chop)
- 1 Tablespoon lemon juice
- 1/4 teaspoon ground red pepper
- 1 cup mayo

Thaw fish, if frozen, rinse, and pat dry with paper towels. Slice the fish in half horizontally so that it is of even thickness (1/2 inch). Cut fish into four equal portions. In a shallow dish combine pecans, bread crumbs, black pepper, and salt. In another dish beat together egg and water; place flour in a third dish. Coat each fish portion with flour, dip in egg mixture, and then in pecan mixture. Place fish on large plate; cover and chill for up to 30 minutes while preparing the mayo mixture. Pat the drained red peppers dry with paper towels then puree or finely chop them. In a small serving bowl, combine peppers, mayo, chutney, lemon juice, garlic salt and ground red pepper. Stir and set aside. In a 12 inch skillet, heat oil over medium heat. Add fish; cook for 3 minutes. Turn fish and cook for 3-4 minutes more. Fish should flake easily when tested with a fork. Serve with mayo.

Garlic and Feta Asparagus

- 1 bunch asparagus
- 5 garlic cloves (minced)
- 1/2 cup crumbled feta cheese

- 3 Tablespoons olive oil
- 1/2 teaspoon balsamic vinegar (optional)

In a 12 inch skillet, add olive oil, garlic and vinegar. Sautee garlic over medium heat until it starts to brown. Add asparagus to oil and garlic. Sautee over medium heat until it to turn bright green. Check for tenderness with a fork. It should be firm but soft enough to insert a fork. Serve on a plate with feta cheese crumbled on top.

- From the kitchen of Michelle

“You don’t have to be a Fairy to make a little magic in the kitchen.” Bon Appetit!



Congratulations to our past summer/fall contest winners:

- May gift card
- Tyler Nelson
- Meagan wwp
- Jill Nelson
- Heather Hayden

Our December patients take home an ornament !

Important Health Update regarding PRE-MEDICATING:

Notice to ALL total joint replacement patients—the American Academy of Orthopaedic Surgeons recommends that antibiotics be administered prior to most dental procedures for all total joint replacement patients for life. The prior recommendation was for two years after surgery; however the AAOS has changed it to pre-meds for life in order to keep all patients in optimal health.